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Housekeepers' Chat Release Monday, Dec. 3, 1928.

NOT FOR PUBLICATION

Subject: "The Art of Making a Foundation Cake."

Bulletin available: "Home Baking."

--ooOoo--

Six times, my Next-Door Neighbor and I had tried to cross the street.

"If all the automobiles in the world, were placed end to end," I began.

"It would be Sunday afternoon," said my Next-Door Neighbor. "And if I don't get home pretty soon, I can't make a Fudge Short Cake for dinner. It's Jim's birthday, and I promised him a Fudge Short Cake -- his fovorite dessert. Here -- let's run, while there's a chance."

Safe on the other side of the street, I asked my friend to describe a Fudge Short Cake.

"First," said she, "I make a plain Foundation Cake -- a white cake. When the cake is cold, I split it open, unless I bake it in layers. Then I cut it into sizes for serving, and put ice cream between the layers. On top, I pour a Chocolate Sauce, and garnish with a 'dab' of whipped cream, and a red cherry. See you later, Aunt Sammy."

After my friend left, it occurred to me that you might like to have a standard recipe for a foundation cake -- a good, reliable plain cake which can be used as the basis for a number of desserts.

I shall give you the ingredients, for a plain foundation cake, and then tell you how to mix it, by modern methods. Eight ingredients, for Foundation Cake:

1 cup milk	4 teaspoons baking powder
3 cups sifted soft-wheat flour	1-1/2 cups sugar
1/2 cup fat	1/4 teaspoon salt, and
2 or 3 eggs	1/2 teaspoon flavoring

Let's check the ingredients, please: (repeat)

(Read slowly)

Place the fat in a warm place, until it becomes soft, though not melted, so

that it will combine easily with the sugar. This is just as satisfactory, and much quicker, than the laborious method of creaming together cold fat, and sugar. After the fat and sugar have been thoroughly combined, stir in the beaten egg yolks. The dry ingredients -- that is, the flour, baking powder, and salt -- should be mixed and sifted together. Now add, alternately, the dry ingredients, and the liquid ingredients -- which in this case is milk. Add only a small quantity of liquid at first. If you add too much, it will dissolve the sugar. Then the fat will separate into large masses, and will have to be combined again, with the other ingredients. Add the flavoring, and lastly, fold in the well-beaten egg whites. Pour the batter into lightly greased, floured pans. Take care that the batter is spread evenly. If this cake is baked in a thick loaf, the oven temperature should be very moderate -- about 325 degrees Fahrenheit. If it is baked as cup cakes, or thin layers, the oven should be about 375 degrees Fahrenheit.

A number of women have asked for a lemon filling recipe. Now's as good a time as any to broadcast this recipe, which is not in the Radio Cookbook. Seven ingredients, for Lemon Filling:

1 cup sugar
2-1/2 tablespoons flour
1/4 cup lemon juice
Grated rind of 1 lemon
2 eggs
1 tablespoon butter, and
1/8 teaspoon salt.

Count them again, please. Seven ingredients, for Lemon Filling: (Repeat)

(Read slowly)

Mix the sugar, salt, and flour thoroughly. Add the lemon rind, and cook in a double boiler, for 5 minutes. Beat the eggs, and pour the sugar mixture slowly into them, stirring constantly. Return to the double boiler, cook until thickened, and add the butter and lemon juice. When cold, use as the filling for layer cake.

In cake making, particularly, accurate measurements are essential, for good results. Standard one-half pint measuring cups, marked to show quarters and thirds, and teaspoons and tablespoons of standard capacity should be among your cake-making utensils. A wooden spoon is less noisy, and more comfortable to handle for beating and stirring, than is a metal spoon. An earthenware mixing bowl with a rounded bottom is better than a lighter bowl because its weight helps to hold it in position during the mixing and beating.

Now, if you have not developed writers' cramp from writing so many recipes, I'll give you one more, which is included in the menu. Ready to write the menu? Stuffed Pork Chops with Apples; Buttered Cabbage; Raw Celery, or Raw Jerrsalem Artichokes pared and served like radishes; and Washington Pie.

Stuffed Pork Chops with Apples are immensely popular with my family; I think you'll like them too. They are dressy enough for a company dinner. Ten ingredients, for Stuffed Pork Chops with Apples:

6 rib pork chops, 1-1/2 inches thick
2 cups fine bread crumbs
1/2 cup chopped celery and tops
1 tablespoon chopped parsley
2 tablespoons butter
2 tablespoons minced onion
3/4 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon savory seasoning, and
3 large red apples

After the rib chops are cut 1-1/2 inches thick, have the butcher slit the meat portion in half, cutting from the outer rim of fat toward the bone, so that a layer of stuffing can be inserted. Be careful, however, not to cut so that the meat is separated from the bone. Or if preferred, the pockets for stuffing the chops can easily cut at home with a sharp knife.

Make a stuffing of the bread crumbs, celery, and other ingredients listed, except the apples. Cook the celery, onion, and parsley in the butter for 5 minutes. Add the bread crumbs and seasoning, and stir until well mixed.

Sprinkle the chops lightly with salt, pepper, and flour. Have a heavy skillet very hot and sear the chops until lightly browned on both sides. Then fill each chop with the stuffing and insert toothpicks to hold the edges together Put the chops on a rack in a baking dish or with cover. On the top of each chop, place, skin side up, one-half of a red apple which has been cored but not pared. Cover and bake in a moderate oven from 1/2 to 3/4 of an hour, or until the meat is tender. Lift out the chops from the pan onto a hot platter and remove the toothpick skewers. Be careful to keep the apples in place on top of the chops. Garnish with parsley and serve at once.

Buttered Cabbage is the next dish on the menu; don't cook the cabbage too long; about 15 minutes is sufficient.

Washington Pie is not a pie at all, but a cake. To make this dessert, use your Foundation Cake recipe. Bake the cake in two layers. Spread one layer with jam, or jelly, or marmalade, for filling. Place the second layer on the first one, and springle the top with powdered sugar. Or the Lemon Filling I gave you the recipe for would be good, though I'm not sure that orthodox Washington pies ever have Lemon Filling.

To repeat the menu: Stuffed Pork Chops with Apples; Buttered Cabbage; Raw Celery, or Raw Jerusalem Artichokes pared and served like radishes; and Washington Pie.

Tomorrow: "Carraling the Cockroach."

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